



# NATURAL SOLUTIONS

Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare

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## Chia Berry Smoothie

- ½ cup Fresh or Frozen Blackberries
- ½ cup Fresh or Frozen Blueberries
- ½ cup Fresh or Frozen Raspberries
- ½ cup Fresh or Frozen Strawberries
- ½ cup Fresh or Frozen Apples, diced
- ½ cup Chia Seeds
- 1 cup Ice Cubes, spring or filtered water
- ¾ cup Unsweetened Coconut Milk
- 2 Tbsp Local Honey
- Blackberries (fresh, for garnish)



1. Blend all the ingredients in a blender or food processor for 5 minutes. Make sure to use cold coconut milk so that the smoothie becomes slightly frothy.
2. Serve in tall glasses with straws. Spear two blackberries with a toothpick and put across the top of each glass and enjoy!

Tip: Try mixing in a cup of mango for an extra colorful flavor effect!

Extra Tip: Try substituting coconut water for the spring/filtered water for better hydration.